September - Lesson Plan Grades K-I

FOCUS ON FRUITS



Begin each nutrition education lesson with a short physical activity break from the card set provided by IDPH. Have fun and get active with your students!

Objectives

Learn the special characteristics of apples and plums.

Learn that apples and plums are colorful and easy to eat as snacks.

Supplies Needed

September
Pick a **better** snack[™] & **Act**bingo card

3-4 different varieties of apples

Paper plates

Knife for cutting apples

Plums for sampling

"Apple Chronology" worksheet

Tasting Opportunities

Featured Fruits: Apple Plum

Background

Apples: There are about 2,500 known varieties of apples grown in the U.S. Thirty-six states in the United States grow apples.

- Braeburn Available October through July
 High flavor impact. The crisp, aromatic Braeburn blends sweetness and tartness just right for snacks and salads.
 Its color varies from greenish-gold with red sections to nearly solid red.
- Fuji Available year round
 Its flavor improves with age. Fuji's crisp sweetness makes it excellent as a snack or for applesauce. Fuji varies from yellow-green with red highlights to very red.
- Gala Available August through March
 Heart-shaped, distinctive yellow-orange skin with red
 striping. It has a crisp, sweet taste that can't be beat. It is
 the perfect take-along snack anytime. Great in salads.
- Golden & Red Delicious Available year round
 Golden's firm, white flesh retains its shape and rich,
 mellow flavor when baked or cooked, making it the
 preferred "all purpose" cooking apple. The skin is so
 tender and thin that it doesn't require peeling. The red is
 most popular for eating.
- Granny Smith Available year round
 Mouthwatering tartness. Bright green Granny with a pink
 blush has a crisp bite and a tangy flavor. Its tartness
 really comes through when baked and sautéed. Enjoy
 Granny Smiths as a snack or in a salad.
- McIntosh Available October through December
 McIntosh is juicy, slightly tart, yet very aromatic with
 white flesh and a rather tough skin with two-toned red
 and green coloring. It's a favorite apple for eating, but is

also widely used in salads, sauces, pies and is a mainstay in fresh cider.

Plums - There are more than 140 varieties of plums sold in the United States. The plum is a drupe—a pitted fruit—related to the nectarine, peach, and apricot, but the plum is far more diverse than its relatives, coming in a wider range of shapes, sizes and especially skin colors. Its flavors also vary from extremely sweet to quite tart. Some plum varieties are specifically bred so that they can be dried and still retain their sweetness, and these are used for prunes (The Wellness Encyclopedia of Food and Nutrition). Plums are a good source of vitamin C.

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.choosemyplate.gov

Do the Activity: Kindergarten

Sing the song: "I'm A Big Red Apple" (to the tune: "I'm a Little Teapot"). Repeat the first three lines each time, but replace lines 4 and 5 with new words based on different ways to eat an apple.

I'm A Big Red Apple

(To the tune: I'm A Little Teapot)
I'm a big red apple
juicy and sweet.
I grow on a tree, and I'm good to eat.
Put me in a pan and bake me 'til I'm done.
Eating apples is lots of fun.

Ist Grade

Discuss the stages of apple development from the bud on the apple tree branch to picking and eating the sweet, red apple.

- 1) There is a bud on the apple tree branch.
- 2) The bud opens up into a flower.
- 3) Bees come to gather pollen and nectar from flower.
- 4) The petals fall off the flower.
- 5) A small apple begins to grow.
- 6) The apple gets bigger.
- 7) The apple turns red and sweet.
- 8) You pick the sweet, red apple and eat it.

The sentences are listed in chronological order on the "Apple Chronology" worksheet. Cut the sentences into strips. Have the students place them in chronological order.





Kindergarten and Ist grade

Have the students wash their hands.

Cut several different varieties of apples into 4 or 16 cuts, depending on the size of the group. Make the slices as even as possible. Mix up all of the slices and put them on a plate. Have the students take an apple slice and without talking, look at its shape, color and texture. Then have them search for others who have slices that match theirs. Remind the students to only touch their own slice.

The search continues until they find enough matching slices to make a whole apple.

Review the 5 color groups for fruits and vegetables – blue/purple; green; white or tan/brown; yellow/orange; red

Apples fit into several color groups. Can you name them? If you eat the skin, an apple could be in the red, yellow/orange, and green color groups.

To which color group does the plum belong? A plum would be in the blue/purple color group.

Talk It Over: Kindergarten Ist Grade

What are the vegetables on the September Pick a **better** snack[™] & **Act** bingo card?

Zucchini, tomato (lettuce salad and, frozen vegetables con

Zucchini, tomato (lettuce salad and frozen vegetables could include a variety of vegetables)

What color groups are the zucchini and tomato in? Zucchini – green; tomato – red

What are some of your favorite frozen fruits and vegetables from each of the five color groups? *Make sure all five color groups are represented--blue/purple; green; white or tan/brown; yellow/orange; red*



Apply:

When everyone is finished, talk about the kind of apple they have. Do they know its name? Which kind is their favorite?

Talk about how fruits are good to eat for snacks, for dessert, or at meals.

We need to eat fruits every day. Apples and plums are the fruits featured on the September Pick a **better** snackTM & **Act** bingo card. Fruits are convenient – all you need to do to get apples and plums ready to eat for snacks is to **Wash. Bite.** (How easy is that?)

Tasting Opportunity

Plums are good snacks from the blue/purple color group. What are some other snacks that you could eat at home that are blue or purple? *Blueberries, grapes, raisins.*

Wash and cut the plums for the students to sample. Have students eat the apple slices. Talk about how the apples taste and their texture (soft, crunchy, crisp, etc.).

They can then put an "X" through the bingo square of the fruit that they sampled.

On the back of the Pick a **better** snack[™] & **Act** bingo card for each month, there is information for their parents and grandparents. Send the bingo card home and have the students ask their family to pick out a snack idea to try at home.

Extend the Activity

Place the words for "Orange is a Carrot" on sentence strips in a pocket chart. Sing the song with the students modeling while pointing under each word.



Art, Music & PE Orange is a Carrot
Orange is a carrot.
Yellow is a pear.
Purple is a plum,
And brown is a bear.
Green is the grass,
And blue is the sky.
Black is a witch's hat,
And red is cherry pie!







Language Arts & Reading

Kindergarten: Read <u>Each Peach Pear Plum</u> by Janet and Allan Ahlberg, Viking Press, 1978. Rhymed text and illustrations invite reader to play "I Spy" with a variety of Mother Goose and other folklore characters.

1st grade: Read <u>Apples</u> by Gail Gibbons, Holiday House, 2000. Explains how apples were brought to America, how they grow, their traditional uses and cultural significance, and some of the varieties grown.



Math

Create a graph of the students' favorite colors of apples to eat. Create a simple tally and then a bar chart. Discuss "What can we learn?"



Science & Health

In a learning center, place a number of different varieties of plums for the students to explore with their five senses (except taste and hear).

Place a number of apples in a learning center with the name of the variety on an attached label.

Teach the students a game as they chant about birthdays.



Social Studies

Apples, Peaches

Apples, peaches, pears, and plums, Tell me when your birthday comes.

As the students sit in a circle, model chant while clapping the beat. A student who is pointed to on the word "comes" will say the name of the month of their birthday. Repeat.

Encourage students to ask their parents to take them to an orchard if your community has one.







Apple Chronology

Mount the sentences on tag board, cut them apart and let the children put them in the correct order.

There is a bud on the apple tree branch.



The bud opens up into a flower.



Bees come to gather pollen and nectar from flower.



The petals fall off the flower.



A small apple begins to grow.



The apple gets bigger.



The apple turns red and sweet.



You pick the sweet, red apple and eat it.



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